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SELECTED HERB RECIPES

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Fresh Tomato Juice Cocktail^{1/}

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| 1 pint tomato juice | 1 teaspoonful sugar |
| 2 tablespoonfuls lemon juice | 1 teaspoonful finely cut tarragon leaves |
| 1 tablespoonful orange juice | 1 teaspoonful finely cut basil leaves |
| $\frac{1}{2}$ teaspoonful salt | 1 teaspoonful finely cut chives |
| Few grains cayenne | |

Mix the tomato juice with the herbs and add seasonings, and allow it to stand for 1 or 2 hours in a cold place. Add lemon and orange juice and strain into glasses.

Canned Tomato Juice Cocktail^{1/}

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| 1 pint tomato juice | 1 teaspoonful sugar |
| 2 tablespoonfuls lemon juice | Few drops of onion juice (may be omitted) |
| $\frac{1}{2}$ teaspoonful salt | 2 teaspoonfuls each of tarragon and basil |
| Few grains cayenne | |

Heat the tomato juice and herbs; add salt, cayenne, and sugar, and allow the mixture to stand for an hour or more; add lemon juice and onion juice, if it is used; strain and serve.

To Make Bouquets of Fresh or Dried Herbs

Tie together sprigs of three or more different kinds of fresh herbs, using white thread. Place the bouquet in the stew or soup for not more than an hour toward the end of the cooking, and then remove.

Two good combinations of fresh herbs:

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| (1) 2 sprigs parsley | (2) 2 sprigs thyme |
| 2 sprigs thyme | 2 sprigs sweet basil |
| 2 sprigs summer savory | 2 sprigs summer savory |
| 1 or 2 small fresh bay leaves | 2 leaves chervil |
| 2 sage leaves | 2 rosemary leaves |
| 2 tarragon leaves | |

^{1/} From "Gardening With Herbs for Flavor and Fragrance," by Helen Morgenthau Fox. Reprinted by permission of The Macmillan Company, publishers.

Bouquets of mixed dried herbs are made by placing small amounts of the dried herb material in cheesecloth bags about 2 inches square. The following combination of dried herbs will make three soup bags, each enough for seasoning about 2 quarts of soup:

1 teaspoonful dried parsley leaves and stems
1 teaspoonful dried thyme leaves and stems
1 teaspoonful dried marjoram leaves and stems
 $\frac{1}{4}$ teaspoonful dried sage leaves and flowers
 $\frac{1}{2}$ teaspoonful dried savory leaves and flowers
 $\frac{1}{4}$ teaspoonful dried bay leaves
2 teaspoonfuls dried celery, leaf and stem, tips, or
grated celery root.

Scrambled Eggs With Fresh or Dried Herbs

4 eggs	Pepper
4 tablespoonfuls of rich milk or cream	4 teaspoonfuls of mixed chopped fresh herbs
$\frac{1}{2}$ to 1 tablespoonful of butter or olive oil for frying	OR
Salt	$\frac{1}{3}$ teaspoonful of mixed dried herbs and some chopped parsley

Sweet marjoram, summer savory, chives, and parsley go particularly well with egg. Other good flavors are basil, chervil, dill, and celery. Winter savory, onion juice and parsley, and chopped cooked bacon, caraway seeds, and onion juice or chives with parsley, make good winter combinations. Use caraway sparingly - 5 or 6 seeds to 1 egg.

Chop fresh herbs and add to the eggs. Use plenty of butter in the pan. Do not have pan too hot, and let eggs set in contact with butter, then draw together and let uncooked part run over, as described in making omelette aux fines herbes. Soak dried herbs in the milk for a few minutes for the same purpose, to draw out the flavor. The larger the pan, the more flavor will be drawn out of the herbs by the heated butter.

Omelette aux Fines Herbes

For each egg allow:

1 tablespoonful of warm water
 $\frac{1}{8}$ teaspoonful of flour
salt, pepper
1 teaspoonful or more of fresh omelet herbs, finely
chopped, or a generous pinch of dried omelet herbs.

For each omelet allow:

$\frac{1}{2}$ tablespoonful of butter or more, depending on the size
of the pan. The butter must come far enough up the
sides of the pan to prevent edges of the omelet from
sticking.

Place water and flour in a bowl with salt and pepper and mix till smooth. Then break the eggs, and beat with a tablespoon until whites and yolks are thoroughly blended. Take care not to mix in air during the beating. When mixing several eggs, cut them slowly with the egg beater, but do not beat in air.

The herbs may be added to the water or to the omelet after blending, as preferred.

A good fresh herb mixture may be made from chives, basil, marjoram, and thyme, with or without chervil. However, single herbs or other combinations are also satisfactory. Chopped dill leaves are good with chives plus or minus other herbs. A small amount of lemon thyme is especially delicious. Chopped parsley, reinforced with onion juice or dried powdered celery tips makes a good winter combination.

While mixing the ingredients, place the butter in a smooth frying pan, large enough to insure an omelet no thicker than a pancake. A 6- or 8- inch pan is about right for a one-egg omelet; and it is better to make several individual omelets than a too thick omelet of family size. Let the butter bubble slowly over a low flame until the water has been driven off and the butter barely begins to brown, then increase the heat slightly and pour in the omelet mixture, lifting it at the edges so that the uncooked mixture from the center will run under. It takes from 2 to 3 minutes to cook and slightly brown a thin omelet.

Roll the omelet toward the handle of the pan, turn it around, slip it on a hot plate or platter and serve immediately.

If desired, a tablespoonful of thin cream for each egg may be used in place of water, and the flour may be omitted. Such an omelet should not be browned.

Puffy Omelet With Herbs

Use your favorite omelet recipe, but for each 4 eggs add a rounding tablespoon or more of finely chopped fresh herbs, using the combinations suggested for scrambled eggs. A somewhat larger quantity of herbs is needed for puffy omelet than for French omelet or scrambled eggs. The flavor of the herbs is not so strongly brought out, because less surface is exposed to the hot butter in the pan.

Chopped Meat Balls^{1/}

$\frac{1}{2}$ pound of chopped meat, beef, veal, and pork
 1 teaspoonful each of chopped fresh chives, thyme, marjoram,
 and parsley mixed
 1 tablespoonful flour mixed with salt and pepper
 Butter

Work the chopped herbs into the meat; form into balls, roll in seasoned flour; and fry in butter until well browned.

Tomato Sauce^{1/}

2 cupfuls of tomatoes	1 teaspoonful of sugar
1 tablespoonful of oil or butter	2 sprigs of basil
1 slice of onion	$\frac{1}{2}$ teaspoonful of salt

Simmer until reduced nearly one-half. Strain, rubbing all the pulp through the sieve, season more to taste, if necessary. This sauce is good over fish or meat dishes.

Hamburg Steak With Chopped, Fresh Dill Leaves

Buy a fresh cut of good-quality round of beef and have it chopped, with a tiny bit of fresh kidney suet. Season with salt and pepper and shape into a steak. Broil until nicely browned outside and rare inside. Remove steak to a platter and sprinkle finely chopped fresh dill leaves or fresh marjoram and chives over the top and pour over it heated butter or hot meat fat and juice. Let platter stand in a warm place a few minutes to season. Serve with lemon.

Hamburg steak may be formed into small balls, rolled in seasoned flour, and browned in butter. One fourth teaspoonful of fresh chopped dill leaves is placed on the top of each ball, and covered with melted butter.

Fried Fish With Chopped Dill Leaves

Fresh dill is the ideal herb to use with fried fish. Sprinkle the chopped dill on top of the cooked fish, and pour over it very hot melted butter. Instead of using dill and butter separately, dill butter may be made by blending the herbs with softened butter and adding lemon juice and a sprinkle of salt. Spread the herb butter over the hot fish or over broiled meat just before serving.

Mackerel aux Fines Herbes^{1/}

1 large mackerel, split down the back
 $\frac{1}{4}$ cupful of butter, salt, and pepper
Minced parsley, fennel, mint, sweet basil, and thyme, using 2 or
3 sprigs of each
 $\frac{1}{2}$ teaspoonful of salt, a little pepper, cinnamon, and nutmeg

Mix herbs and spices, and cream with the butter. Wipe the mackerel, sprinkle with salt and pepper, and cover over with the seasoned butter. Grill, or fry in a hot pan, until the fish will flake apart. Remove to a platter; add to the butter in the pan two tablespoonfuls of orange juice and strain over the fish.

If the fish was broiled, melt some butter, add chopped shallot and the juice of one orange, boil for 2 minutes, and pour the mixture over the fish.

Creamed Chicken or Shrimp With Dill Sauce

1½ cupfuls diced cold chicken or shrimp	2 tablespoonfuls flour
1 cupful chicken stock, thin cream or milk, or part stock and part cream	2 or 3 tablespoonfuls butter
1/3 teaspoonful salt	1 level tablespoonful finely chopped dill
Black pepper	½ tablespoonful chopped chives

Make a sauce of the liquid and the butter, flour, and seasonings. Add the chicken or shrimp; reheat, and simmer together for 5 minutes. Add the dill, cover and keep hot for 10 minutes more. Pour over hot rice or over buttered toast or hot biscuit. May also be served in individual pastry shells or pie crust baked in deep muffin tins. There should be enough dill to color the sauce quite green and to give it a piquant, slightly acid flavor.

Green Salad Served With French Dressing
Made With Fine Herbs

Wash, drain, and dry the salad greens, and place them in a refrigerator or in cool place to crisp. Arrange them artistically in a capacious salad bowl which has been rubbed with the cut side of a clove of garlic.

If salad is not to be mixed in the salad bowl, a scored clove of garlic may be placed in the dressing and removed after half an hour or so.

Good combinations for green salads:

Lettuce and curly endive
Lettuce and water cress
Lettuce or cabbage, young spinach leaves, shredded
green onions, with basil and marjoram leaves
Lettuce, cucumbers, young spinach leaves, halved
yellow egg tomatoes

French Dressing With Fine Herbs

Use the following basic proportions:

1 tablespoonful of vinegar, preferably tarragon vinegar
3 to 4 tablespoonfuls of olive oil
¼ teaspoonful of salt
Pinch sugar
Dash cayenne
Dash paprika
Black pepper, preferably from whole black peppercorns,
freshly ground in a pepper mill

Place all ingredients together in a stoppered glass bottle or preserve jar with lid and rubber, and shake well; or mix vinegar and seasonings in a small bowl, and beat in the olive oil. To the above add the finely chopped herbs, such as:

Tarragon or chervil, and chives
Summer savory and chives
Sweet basil, marjoram, chives, and chervil
Sweet basil and chives
Fennel, summer savory, and chives
Other combinations or single herbs can be used

Set dressing aside for half an hour to develop flavor.

Sour Cream Dressing With Herbs

Beat $\frac{1}{2}$ cupful of thick sour cream; give it a few strokes with a fork; add lemon juice and salt to taste, and finely chopped dill or chives or sweet marjoram to color and flavor. Use 1 teaspoonful or more of the dill, $\frac{1}{2}$ teaspoonful of chives, or $\frac{1}{4}$ teaspoonful of sweet marjoram, and 2 teaspoonfuls of parsley.

Serve with diced cucumbers, salted and peppered just before the dressing is added; with cold diced beets; with shredded lettuce; or with other foods, as desired.

Fresh Curd Cheese With Sage^{1/}

$\frac{1}{2}$ pound of pot or curd cheese
Small handful of fresh sage leaves
Small handful of spinach leaves
 $\frac{1}{2}$ teaspoonful of chopped chives or 1 teaspoonful chopped onion

Pound the sage and spinach in a mortar, add a little water or milk, and press through a sieve. Add the juice to the cheese, salt to taste, and stir in the chives.

Fresh Curd Cheese With Caraway Seed^{1/}

1 cupful of pot cheese, or one cream cheese -

Mix the cheese to a smooth paste with olive oil or cream, then add
 $\frac{1}{2}$ teaspoonful of salt and a few grains of cayenne
1 teaspoonful of caraway seed pounded in a mortar
 $\frac{1}{2}$ teaspoonful of chives finely cut
 $\frac{1}{2}$ bean of garlic minced

Mix all the ingredients together well, and shape into a cake or balls.

Herb-Butter Sandwiches

Soften and cream the butter. Chop the fresh herbs very fine or grind them with a mortar and pestle, and blend them into the butter. Add lemon juice and a little salt. Cover and let stand at room temperature for an hour to develop flavor. Spread the herb butter on thin rounds of sandwich bread, roll and fasten, wrap in a damp cloth and place in the ice box until needed.

Some good combinations for herb butter are:

Chives, parsley, and lemon
Chives, sweet basil, and summer savory, with lemon
Chives with lemon
Chives and sage
Watercress and lemon, a little tabasco sauce

Marigold Custard^{1/}

1 pint of milk	Small piece of vanilla bean
1 cupful of marigold petals (Calendula)	3 egg yolks
$\frac{1}{4}$ teaspoonful of salt	$\frac{1}{8}$ teaspoonful of nutmeg
3 tablespoonfuls of sugar	$\frac{1}{8}$ teaspoonful of allspice
	$\frac{1}{2}$ teaspoonful of rose water

Pound the petals in a mortar, or crush them with a spoon, and scald with the milk and vanilla bean. Remove the vanilla bean, and add slightly beaten yolks of eggs, salt, and sugar mixed with the spice. Cook until the mixture coats the spoon. Add rose water and cool. This makes a good sauce for a blancmange. It may be poured into a dish without cooking, and then baked like a custard. Serve with beaten cream, and garnish with marigold blossoms.

Suet Pudding^{1/}

2 cupfuls of flour	1 cupful of sugar
4 teaspoonsfuls of baking powder	1 cupful of currants
$\frac{1}{4}$ teaspoonful of salt	1 handful of chopped marigold petals
1 cupful of suet finely chopped	1 handful of chopped marjoram
2 eggs, well beaten	

Mix the flour with baking powder and salt, rub the chopped suet into the flour with tips of the fingers. Add well-beaten eggs, sugar, currants, marigold petals, and marjoram, and enough water (about 1 cupful) to form a soft dough. Put into a floured cloth and steam for 2 hours. Garnish with flowers, and serve with lemon sauce.

Lemon Sauce^{1/}

1 egg well beaten
 $\frac{1}{2}$ cupful of butter
1 cupful of sugar

1 handful of chopped marigolds
A speck of marjoram
2 drops of lemon juice

Stir all to a cream, add 1 tablespoonful of hot water, and cook over hot water until thickened. Serve at once.

Caraway and Rose Cookies^{1/}

$\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ lb. fine sugar
 $\frac{1}{2}$ grated nutmeg

1 lb. sifted flour (4 cups)
3 tablespoonfuls caraway seed
2 tablespoonfuls rose water

Rub the butter into the sugar and flour, add nutmeg, caraway seeds, and rose water. Moisten to a stiff dough with water. Let it stand, covered, for several hours, then roll out into a sheet one-fourth of an inch thick. Cut with a cookie cutter, lay cookies in a well-buttered pan, and bake in a moderate oven until they are a light-brown color.

Sugared Mint Leaves

Beat the white of an egg fairly stiff, adding one-half teaspoonful of hot water as you beat. Using a soft brush, paint each leaf with the beaten white and sprinkle it with granulated sugar. The leaves should not be dipped into the egg, for this makes them unattractive. The coating should be just heavy enough to cover the leaf and hold the sugar crystals in place.

Such mint leaves will keep their color and flavor for a long time if stored in a clean glass jar, with a closely fitting top and a rubber ring.

Scandinavian Pastry^{2/}

("Fattigman Bakkelse" or Poor Man's Pastry)

This is a Swedish dainty good to serve with afternoon coffee, and made quite simply:

$1\frac{1}{2}$ cupfuls of pastry flour
2 eggs
2 tablespoons of heavy cream

1 teaspoonful of vanilla
1 teaspoonful of salt
 $\frac{1}{4}$ teaspoonful of crushed cardamon

Stir the sugar, cream, salt, vanilla, and seeds into the eggs, lightly beaten. Add the flour, more or less of the suggested amount, to

^{2/} Taken from The Herb Journal (vol. 2, No. 3), December 1937, by permission of the publisher, Mrs. Rosetta E. Clarkson, 412 Gulf Street, Milford, Conn.

make a dough of a consistency to roll out thinly. Cut dough into fancy shapes, fry in deep fat, and lay them on brown paper to drain excess fat. Sprinkle with powdered sugar.

Cardamon cookies may be made by adding one teaspoonful of powdered seeds to the basic recipe for sugar cookies, given above.

Gingerbread^{3/}

2 cupfuls flour	2/3 cupful shortening
1 $\frac{1}{4}$ teaspoonfuls baking soda	1/2 cupful brown sugar
$\frac{1}{2}$ teaspoonful salt	2 eggs, well beaten
3 teaspoonfuls ginger	3/4 cupful molasses
1 teaspoonful cinnamon	3/4 cupful boiling water
1 teaspoonful coriander seed	1/4 cupful warm water

To bring out the flavors, that is, the essential oils of herbs that are to be used in fairly dry mixtures, soak the required amount of the leaf or seed in some of the liquid for half an hour before using. In this case, crush the coriander seed and soak in the one-fourth cupful of warm water. Add this mixture when the boiling water is added.

Sift the flour twice with soda, salt, ginger. Cream the shortening with brown sugar until light and fluffy. Add eggs and beat well. Add one-fourth of the flour mixture and blend, then add molasses and beat until smooth. Add the remaining flour mixture, beating well. Add boiling water (and spice water) gradually, and beat until smooth. Turn the batter into a greased square loaf pan, and bake in a moderate oven 50 minutes.

^{3/} Taken from the Herb Journal (Vol. 2, No. 4, January 1938), by permission of the publisher.

